

Little Local Foodies

Growing and buying local foods is a great way to incorporate more fresh, nutritious food into our families' diets. Getting young kids to try and accept new foods can be challenging - but involving and engaging children with the food they eat can be a powerful tool in building healthy habits.



2

- Washing hands
- Rinse fruits & vegetables
- Turn pages of cookbook (help "read")
- Tear lettuce
- Snap green beans

3

All 2-year tasks, plus:

- Pour & stir ingredients
- Name & count foods
- Mash potatoes
- Assemble pizza toppings

Master Chefs in the Making

Giving children the chance to help prepare meals is a great way to get them excited about new foods. Be sure to give them developmentally-appropriate tasks.

4

All 3-year tasks, plus:

- Set the table
- Measure dry ingredients
- Spread butter & jam on bread
- Peel some fruits
- Make salads & sandwiches

5

All 4-year tasks, plus:

- Measure liquid ingredients
- Cut soft foods with a dull knife
- Crack & whisk eggs
- Clean tables & countertops



Growing Excited Gardeners

When children plant, care for, and harvest their own fruits, vegetables, and herbs, they are much more likely to try new foods - and like them.

Whether you're gardening in raised beds or planter pots, let kids help out and literally enjoy the fruit of their efforts!

2-4

- Harvest large vegetables
- Pull weeds
- Dig holes with a trowel
- Plant seeds in soil
- Water with a watering can
- Learn about the life cycle of plants
- Explore nature

5-8

All 2-4-year tasks, plus:

- Chose what to plant
- Transplant seedlings
- Water with a hose
- Harvest vegetables & berries
- Find & remove pests
 - Japanese beetles, squash bugs, etc.
- Rake leaves

9+

All 5-8-year tasks, plus:

- Prune dead & overgrown plants
- Dig out weeds
- Plan & design a garden
- Plant trees
- Start a compost pile
- Repot plants
- Mow grass



Engaging Young Eaters

Involving kids in the kitchen and garden encourages them to explore food. But you don't have to stop there.

Also try:

- Letting kids pick out produce at the grocery store
- Eating meals together, as a family, with limited distractions
- Encouraging children to think more about their meals by asking questions about the smell, sound, taste, feel, and appearance of different foods

Serve kids at least one food you know they will eat alongside a new food. It may take 15 to 20 tries before a child will accept a new food, so have patience and focus on enjoying family meals!



Lincoln-Lancaster County
Health Department